

## Do I still have to see my doctor?

Yes. Our community nurses do not diagnose medical conditions nor prescribe medical treatments.

Services provided by our community nurses complement and do not replace your consultations with doctor(s) and other healthcare professionals who provide diagnosis or treatment for your medical conditions. Please do not disregard professional medical advice from your doctors and other healthcare providers, or delay seeking necessary medical advice and / or treatment from them because of your participation in this programme.

Should your health deteriorate suddenly or if you experience symptoms such as breathlessness, chest pain, severe abdominal pain etc, please seek medical attention immediately.

## What if I need other types of nursing care?

Our community nurses can advise you on who to contact to get the appropriate type of services.



Community Nurse's Name: \_\_\_\_\_  
Contact Number: \_\_\_\_\_  
Location: \_\_\_\_\_



SingHealth Community Nursing Programme (Southeast)  
For enquiries, please contact us at

Tel: 6576 1672 / 9771 8842  
Mondays to Fridays, 8am – 5pm (excluding Public Holidays)  
Email: [community.nurse@sgh.com.sg](mailto:community.nurse@sgh.com.sg)

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**PATIENTS. AT THE HEART OF ALL WE DO.®**

SingHealth Community  
Nursing Programme (Southeast)



## Bringing nursing care closer to you



## Our nurses are right here in your neighbourhood

You are getting older and living with chronic medical conditions, but you want to age well and remain independent in your own home and community.

You can, with help from our community nurses.

Community nurses from Singapore General Hospital (SGH) are now stationed conveniently in your neighbourhood to support senior citizens to stay well and help you manage your chronic diseases.

## What can our nurses do for you?

Consultation at Community Nurse Posts

Our community nurses are based in the community at locations such as Senior Activity Centres (SACs).

At these Community Nurse Posts, our community nurses provide these services for senior residents who need help with managing their chronic health conditions:

- Perform individual health and geriatric assessment
- Coach you on how to stay healthy and prevent new diseases
- Help you to monitor your chronic diseases and teach you to manage them well
- Teach you to use your medication safely and correctly
- Facilitate your discussion with your family, while you are still healthy, on how you want to be cared for in future
- Make referrals for you to see a doctor or link you to other community care providers (if required). Our community nurse will advise you on where to get the most appropriate care.

You can find information on the locations and operating hours of our Community Nurse Posts at [www.sgh.com.sg/community-nurse](http://www.sgh.com.sg/community-nurse).

### Home Visits

Our community nurses can visit you at home if you need nursing advice but are unable to come to the Community Nurse Post. They can also provide basic palliative care for patients with critical or terminal illness. Your family member can come to any Community Nurse Post to request for a home visit by our community nurse.

### Falls Prevention

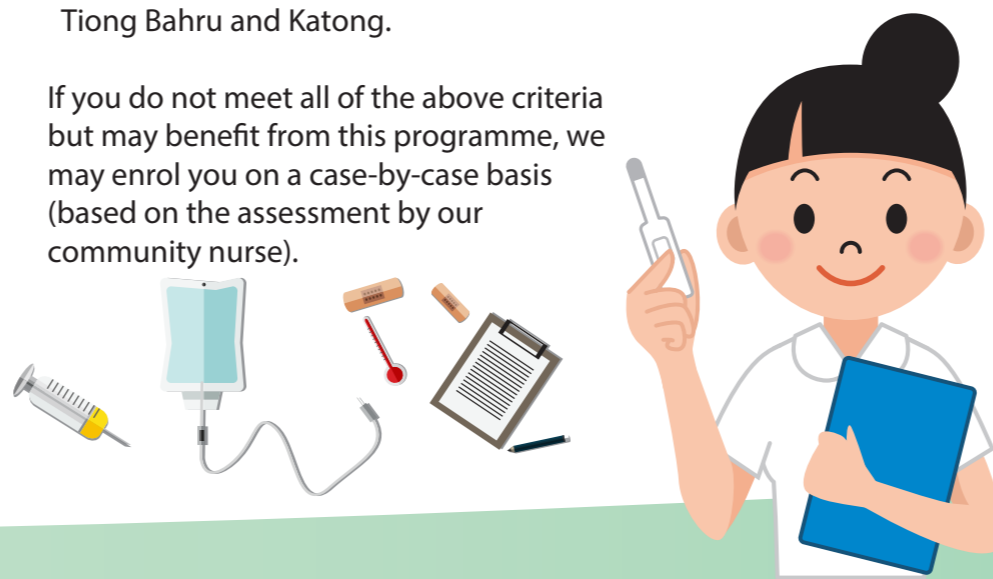
Elderly people are more prone to falls, which can lead to serious problems such as disability. Our community nurses conduct individual and group sessions to assess whether you have a high risk of falls. They will also advise you on ways to prevent falls and provide other intervention (if required). You can approach our community nurses at the Community Nurse Post to find out more information.

## Who is suitable for these nursing services?

Our services are designed for those who:

- Are aged 60 years old and above;
- Have multiple chronic diseases (e.g. high blood pressure, high blood cholesterol, diabetes, chronic heart failure, chronic lung diseases or had a stroke) and need help to manage their health condition;
- Are Singapore citizens or permanent residents; and
- Reside within these regions: Bukit Merah, Telok Blangah, Chinatown, Tiong Bahru and Katong.

If you do not meet all of the above criteria but may benefit from this programme, we may enrol you on a case-by-case basis (based on the assessment by our community nurse).



## How much will these services cost?

The community nursing services in this programme are currently fully subsidised and will be provided at no cost if you are found suitable. You are not required to undergo assessment for your financial situation.

However, you will have to bear any additional expenses related to your own healthcare, such as expenses arising from visits to a doctor, services by third party health and social care providers whom our community nurses refer you to, medical and assistive devices, medications and consumable items, and any additional nursing services that are not covered under this programme.

## How do I sign up for these services?

You or your family member can come to any Community Nurse Post to request for an appointment with our community nurse.

Medical professionals and social service partners in the community can also refer their patients or clients to the community nursing services. Please write to [community.nurse@sgh.com.sg](mailto:community.nurse@sgh.com.sg), call **6326 6100** or visit [www.sgh.com.sg/community-nurse](http://www.sgh.com.sg/community-nurse) for more details on the referral process.

